

# MANAS

*Speaks*

Volume 03

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**“Health is a relationship  
between you and your body”**

**#HealthPsychology**

## HEALTH PSYCHOLOGY FOCUS

Mindfulness

Type 1 Diabetes

Male Menopause

Positive Emotions

Yoga & Wellbeing

**The Academy of  
Psychology**



**THE ONLY JOURNEY IS THE JOURNEY WITHIN**

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# MANAS *Speaks*

A MONTHLY MAGAZINE

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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## Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

*Disclaimer: Information provided in this magazine is purely for research and education purpose only.*



*"Health is a large word. It embraces not the body only, but the mind and spirit as well;...and not today's pain or pleasure alone, but the whole being and outlook of a man. ~ James H. West*

**He**alth psychology examines how biological, social and psychological factors influence health and illness. Health psychologists use psychological science to promote health, prevent illness and improve health care systems (APA, 2014)

Health Psychology consists of three general topics. The first - health, behaviour and prevention focuses on the determinants of behaviours that influence disease (e.g., diet, exercise, smoking), and the effectiveness of interventions to reduce these risks. The second - stress and illness focuses on direct connections between psychological processes and the development of illness. The third research area the psychosocial impact and management of illness focuses on the emotional and social consequences of illness and psychological interventions intended to improve adjustment and supplement traditional medical care. Health psychology focuses on how biological social and psychological factors influence health and illness.

Healthy psychology can benefit individuals in a number of different ways. Many professionals in this field work specifically in the areas of prevention and focus on helping people prevent health problems before they start.

